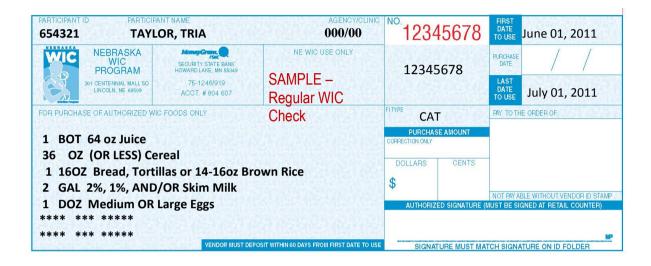
Understanding Your WIC Checks



Regular WIC Check

- Check is used to purchase WIC approved foods ie. cereal, bread, tortillas, juice, eggs, beans, peanut butter, dairy, baby foods
- Each check defines a list of foods that can be purchased with each check
- Each check defines the quantity or size that can be purchased for each food item.
- The specific dollar amount for each food item is not listed on the check
- Only valid checks (within date range listed on check) can be used



Fruit and Vegetable WIC Check

- Check is used to purchase WIC approved fresh fruit and vegetables
- The specific types of fresh fruits & vegetables are not defined on the check
- This check is worth a specific dollar amount that is listed on each check
- The dollar amounts may vary for family members ie. \$6 or \$10
- No change can be given if the total dollar amount is not used
- The purchase price cannot be more than the dollar value listed on the check
- Remember to give tips to help clients get the most out of their fruit & vegetable check
- Only valid checks (within date range listed on check) can be used

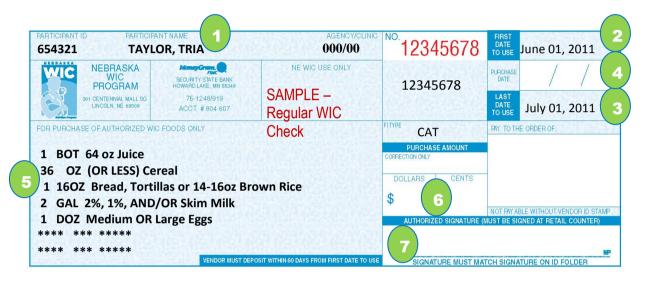


Parts of A WIC Check

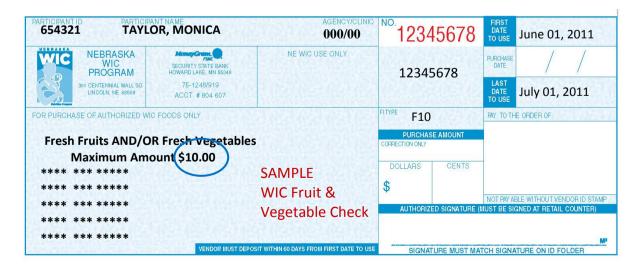


Regular WIC Check

- 1. Participant's name
- 2. First date to use
- 3. Last date to use
- 4. Purchase Date Entry
- 5. Food prescription
- 6. Purchase amount entry
- 7. Authorized signature



Fruit and Vegetable WIC Check



Notice the difference - The specific types of foods are not listed on this check; and this check is worth a specific dollar amount